





# ILLUSIONS OF ADULTING

by Sara Zimmerman

I sure miss Steve.



I just want him to  
answer the phone so  
we can make up.



I wish I knew  
what to do.



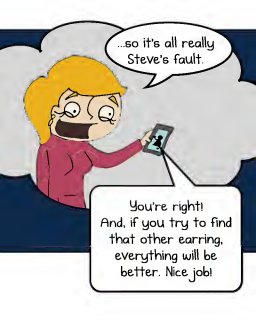


Online counseling?  
Hmmm...

Not sure  
what to do?  
Try Online  
Counseling!

Maybe that will help.

ILLUSION:



...so it's all really  
Steve's fault.

You're right!  
And, if you try to find  
that other earring,  
everything will be  
better. Nice job!

REALITY:

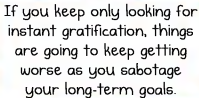
We all go through  
problems in  
relationships...



...but, the heart of the  
matter is that you  
are blaming others for  
your choices.

You continue to search for happiness outside of yourself, only to be let down when others can't live up to your expectations.





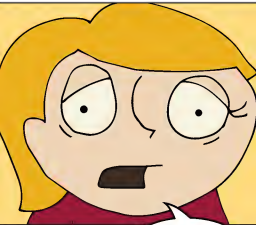
If you keep only looking for instant gratification, things are going to keep getting worse as you sabotage your long-term goals.

The only way to true happiness is to accept things and people as they are, starting with accepting you and your feelings. Then, start taking responsibility for your own choices.




I think that with a commitment to twice-a-week counseling, as well as adopting a strict daily self-help practice, you will begin a long, difficult, but rewarding, journey to a new life.





Uhhh...



...but, I was kind of  
hoping this one  
session would fix it all.

So, I think I'll just buy  
an audiobook and listen  
to it daily instead.



Wait... what?



"That makes sense,"  
- said no one ever.



You should definitely  
save my number.  
You're going to need it.